

## Table of Contents

Chapter 1 How We Got Ketosis Wrong	1
Chapter 2 Ketones Are Not a Super Fuel	10
Chapter 3 Harnessing Our Cells' Petite Powerhouses	28
Chapter 4 The Power of Uncoupling	43
Chapter 5 The Keys That Unlock the Keto Code	54
Chapter 6 The Truth About Fats	75
Chapter 7 Rewriting the Stars	88
Chapter 8 The Nutrition Paradox	103
Chapter 9 The Keto Code Program	113
Chapter 10 Moving Toward Keto-Consumption	162
Chapter 11 The Keto Code Recipes	181
Acknowledgments	221
Appendix: Supplements	225
Notes	233
Index	251